

**IN THE CLAIMS:****Listing of Claims:**

- 1 1. (amended herein) A dumbbell, comprising:  
2 a handle defined by a pair of opposing ends;  
3 a pair of end cap assemblies, each said assembly threadedly engaging one said  
4 end wherein each said end cap assembly comprises a locking cap, said locking cap  
5 threadedly engaging said handle, said locking cap comprising a central bore for accepting  
6 said handle end therein and an externally threaded portion surrounding and in spaced  
7 relation with said central bore; and  
8 a pair of wheels, each said wheel slidingly engaging said handle generally  
9 adjacent to one said end, each said wheel comprising an outer ring defining a circular  
10 outer periphery and a central bore, said central bore defined by rolling means for  
11 permitting said wheel to rotate about said handle, and friction-creating means for  
12 resisting said rolling.
- 1 2. (canceled herein) ~~The dumbbell of Claim 1, wherein each said end cap assembly~~  
2 ~~comprises a locking cap, said locking cap threadedly engaging said handle.~~
- 1 3. (canceled herein) ~~The dumbbell of Claim 2, wherein each said locking cap~~  
2 ~~comprises a central bore for accepting said handle end therein and an externally threaded~~  
3 ~~portion surrounding and in spaced relation with said central bore.~~
- 1 4. (amended herein) The dumbbell of Claim 13, wherein each said end cap assembly  
2 further comprises a tension collar, said tension collar comprising said friction creating  
3 means and further defined by a central threaded bore configured to cooperate with said  
4 externally threaded portion of said locking cap.
- 1 5. (original) The dumbbell of Claim 1, wherein said friction-creating means comprises  
2 a friction ring captured between said wheel and said end cap assembly.

1 6. (original) The dumbbell of Claim 4, wherein:

2 each said wheel further defines inner and outer sides, said inner and outer sides  
3 being substantially coplanar in a plane perpendicular to an axis defined by said central  
4 bore of said wheels; and

5 said friction-creating means comprising one or more indentations disposed on  
6 said outer surface, said indentations configured to accept one or more ball elements  
7 captured between said outer surface and said end cap assembly.

1 7. (original) The dumbbell of Claim 6, wherein each said tension collar further  
2 comprises one ball-detent receptacle formed in said tension collar to accept one said ball  
3 element therein, said ball-detent receptacle further comprising a biasing element for  
4 biasing said ball element towards said outer side of said wheel.

1 8. (original) The dumbbell of Claim 7, wherein each said end cap assembly further  
2 comprises a foam ring between said locking cap and said tension collar.

1 9. (original) The dumbbell of Claim 8, wherein each said wheel comprises a friction  
2 coating around said substantially circular periphery.

1 10. (original) The dumbbell of Claim 9, comprising a pair of said wheels at each said  
2 handle end.

1 11. (original) An exercise device, comprising:

2 a handle defined by a center portion and a pair of opposing ends, said center  
3 portion defining a generally circular cross-section and said opposing ends each defined  
4 by a generally circular cross-section but having a flattened side in a plane parallel to an  
5 axis defined by said handle;

6 a pair of handle rings surrounding said handle between said center portion and  
7 said end portions;

8 a pair of end cap assemblies, each said assembly threadedly engaging one said  
9 end; and

10 a pair of wheels, each said wheel slidably engaging said handle generally  
11 adjacent to one said end, each said wheel comprising an outer ring defining a circular  
12 outer periphery and a central bore, said central bore defined by rolling means for  
13 permitting said wheel to rotate about said handle, and friction-creating means for  
14 resisting said rolling.

1 12. (original) The device of Claim 11, wherein each said end cap assembly comprises  
2 a locking cap, each said locking cap threadably engaging end portion of said handle.

1 13. (original) The device of Claim 12, wherein each said locking cap comprises a  
2 central bore for accepting said handle end therein and an externally threaded portion  
3 surrounding and in spaced relation with said central bore.

1 14. (original) The device of Claim 13, wherein each said end cap assembly further  
2 comprises a tension collar, said tension collar comprising said friction creating means and  
3 further defined by a central threaded bore configured to cooperate with said externally  
4 threaded portion of said locking cap.

1 15. (original) The device of Claim 14, wherein:

2 each said wheel further defines inner and outer sides, said inner and outer sides  
3 being substantially coplanar in a plane perpendicular to an axis defined by said central  
4 bore of said wheels; and

5 said friction-creating means comprising one or more indentations disposed on  
6 said outer surface, said indentations configured to accept one or more ball elements  
7 captured between said outer surface and said end cap assembly.

1 16. (original) The device of Claim 15, wherein each said tension collar further  
2 comprises one ball-detent receptacle formed in said tension collar to accept one said ball  
3 element therein, said ball-detent receptacle further comprising a biasing element for  
4 biasing said ball element towards said outer side of said wheel.

1 17. (original) The device of Claim 16, wherein each said end cap assembly further  
2 comprises a foam ring between said locking cap and said tension collar.

- 1 18. (original) The device of Claim 17, wherein each said wheel comprises a friction  
2 coating around said substantially circular periphery.
- 1 19. (original) The device of Claim 18, comprising a pair of said wheels at each said  
2 handle end.
- 1 20. (original) The device of Claim 12, wherein said friction-creating means comprises  
2 a friction ring captured between said wheel and said end cap assembly.